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AN NIDA

THE STRONG BELIEVER

WE HAVE SURELY CREATED MAN TO FACE HARDSHIPS.

[THE HOLY QURAN, 90:4]

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QURAN

وَالَّذِيْنَ جَاهَدُوْا فِيْنَا لَنَهْدِيَنَّهُمْ سُبُلَنَا

“Those who strive in Our path, We will surely guide them to Our ways.”

(Ch. 29, V. 70)

HADITH

الْمُؤْمِنُ الْقَوِيُّ خَيْرٌ وَأَحَبُّ إِلَى اللَّهِ
مِنَ الْمُؤْمِنِ الضَّعِيفِ

A strong believer is better and is more
beloved to Allah than a weak believer

[Sahih Muslim: 2664]

(FRIDAY SERMON DELIVERED ON 22ND JULY 2016)

"MAKE IT A REGULAR HABIT TO EXERCISE OR GO FOR A WALK IN ORDER TO MAINTAIN YOUR HEALTH AND BUILD ENDURANCE. IF, DUE TO LACK OF TIME OR ANY OTHER REASON, YOU ARE UNABLE TO GO FOR A WALK, THEN YOU MUST STILL TAKE OUT SOME TIME FOR EXERCISE."

HAZRAT KHALIFATUL-MASIH V (AA)

LOOKING TO GET FIT?

JOIN ONE OF THE MANY SEHAT CLUBS AND GET IN SHAPE!

MKAC Sehat Club

WhatsApp group

I WANT TO
EXERCISE
BUT I CAN'T...

“I WANT TO EXERCISE BUT I CAN'T,”

...is a thought that youth all over the world face. Everyone wants to be fit, healthy, and in shape, but can't find the courage, willpower, and persistence to do so.

The Holy Prophet (sa) has said:

“***A strong Muslim is better and more beloved by Allah than a weak Muslim.***”

(Sahih Muslim 2664)

One of the ways to obtain the pleasure and nearness of Allah is to become a strong Muslim, and the best age to do so is in our youth.

One of God's attributes is **“The All-Powerful,”** and we can embody this attribute in a subordinate manner by strengthening our physical bodies.

Our beloved Master and role model, the Holy Prophet (sa), was a strong warrior himself—**valiant and courageous in battle.**

In narrations, we find a companion describing the appearance of the Holy Prophet (sa) as “of moderate height, having broad shoulders...and I had never seen anything more handsome than him” (Bukhari 3551), and another companion narrates that “he was of handsome physique”

(Ash-Shama'il Al-Muhammadiyah 2).

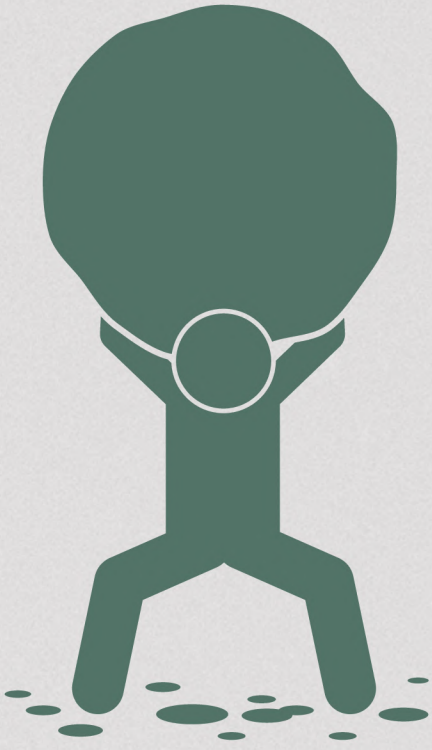
As Muslims, our ultimate role model is our beloved Master, the most perfect human, the Holy Prophet (sa).

His ultimate follower was Hazrat Mirza Ghulam Ahmad (as), and in various narrations, we find that the Promised Messiah (as) swam in the ponds of Qadian, learned horse riding, and hunting. At times, he would even lift mugriyan (Indian weights used for strength training), and Hazrat Mirza Bashiruddin Mahmud Ahmad (ra) narrates that he saw the Promised Messiah using these weights in his old age as well. (Silsila Ahmadiyya, Vol. 1, Pg. 9)

1% EVERY DAY...

Now that we have identified our motivation and purpose for exercising—to attain the nearness of Allah and to follow the example of our Beloved Master (sa)—how do we establish a habit of exercise that we can follow regularly? The Holy Prophet (sa) has given us amazing advice for building habits: "The most beloved deed in the sight of Allah is that which is done consistently, even if it be small." (Bukhari 6464)

The Holy Prophet (sa) gave us this gem 1400 years ago. Nowadays, authors of self-improvement books, such as James Clear, author of Atomic Habits, write about the "1 percent rule." If we improve 1 percent every day, we will be 37 times better at the end of the year. That is exponential growth! We must start small.



37% BETTER EVERY YEAR...

For example, if we want to start jogging, start with 10 minutes; if that is too hard, 5 minutes; if that is too hard, 3 minutes... Pick any exercise and stick to it regularly. If someone is trying to lose weight, the skipping rope is an excellent tool. Start off slow, even with 30 seconds of skipping every day for the first week. If someone wants to gain upper body strength, they can start with push-ups. If they cannot do one push-up, then start with knee push-ups. Start small and build your way up.

Everyone is different and has different starting points. It is important not to look at others. The Holy Prophet (sa) has stated, “Look at those who are inferior to you and do not look at those who are superior to you, for this will keep you from belittling Allah's favour to you.” (Riyad as-Salihin 466)

STEP BY STEP

FIND A TIME AND A PLACE FOR YOUR EXERCISE

Finding a time and place for your exercises is crucial. Otherwise, building a habit can be difficult. Find a slot of time in your schedule, even if it is 5–10 minutes, and dedicate it to exercise. Find a place, inside or outside, where you feel comfortable exercising and can do so uninterrupted.

"But I don't have the time..."

All of us have the time; we just want an easy way out. Exercise is crucial for our physical, mental, and above all, spiritual conditioning. Thus, making time for exercise is just as important as making time to sleep and shower. Huzoor (aba), who is no doubt busier than any of us, still partakes in some sort of physical activity. The Promised Messiah (as) and his Khulafa also had the habit of walking —and would walk speedily as well. Hazrat Mirza Tahir Ahmad (rh), for example, would walk 5 miles daily after the Fajr prayer. He was also an avid sportsman who played various games and had a keen interest in squash. We see our Beloved Imam (aba) regularly partaking in walks in Islamabad, UK, stopping occasionally to greet Ahmadis.

STEPS TO EXERCISE

Hazrat Mirza Tahir Ahmad (rh) has also written a book titled Steps to Exercise; this book contains advice on how to get into shape. Huzoor (rh) lays out practical advice on how to r--emain fit, how to maintain a healthy weight, how to incorporate healthy habits into our daily lives, and a step-by-step guide on exactly which exercises one should do (with illustrations) and when and how to progress in them. These exercises have been suggested after much research by experts of the Royal Canadian Air Force in order to keep their personnel healthy. They target every muscle in the body, require no equipment, and allow you to start at an easier level and gradually progress to the next.

Huzoor (rh) also explains that we must turn daily activities into some form of strengthening the body. If you are putting socks on, try doing it while balancing on one foot. While climbing the stairs, try taking two or three steps at a time. If you need to move something from one place to another—like a chair—try picking it up instead of dragging it.

It is of the utmost importance—and cannot be overstated—that we maintain physical activity and health in order to strengthen ourselves spiritually as well. Hazrat Mirza Tahir Ahmad (rh) has explained that most people expend 80% of their energy doing their daily duties, which leaves them feeling tired when it comes to their prayers. However, a healthy person will spend only 20% on daily chores and will always feel active, and will easily be able to perform his prayers with maximum concentration. (Steps to Exercise, Pg. 40)

God the Almighty has promised us that:

وَالَّذِيْنَ جَاهَدُوْا فِيْنَا لَنَهْدِيَنَّهُمْ سُبُلَنَا

"Those who strive in Our path, We will surely guide them to Our ways."

(Ch. 29, V. 70)

We must take the first step.

By Wajeeh Ullah Khan
4th Year Student Jamia Ahmadiyya Canada

"We inculcate the habit of physical exercise so that we can be lithe and active, so that our limbs become strong and so that we gain courage."

(AL-FAZL, 28 MARCH 1939, P. 2)

LIFE. WEALTH. TIME. HONOUR.

JALSA SALANA UK 2025

WAQF ARZI

JULY 23RD - AUGUST 4TH

KHUDDAM.CA/WAQFARZI

THE PROMISED MESSIAH AS ON THE BLESSINGS OF TRAVELING FOR JALSA

“

May Allah, the Exalted, be with everyone who travels for this Jalsa, reward them abundantly, have mercy on them, and ease their circumstances of hardship and anxiety. May He eliminate their anguish and grief, grant them freedom from every difficulty, and open the ways for them to achieve their cherished goals. On the Day of Judgment, may He raise them among His servants who are the recipients of His blessings and mercy. May Allah be their Guardian in their absence until their journey concludes successfully.

”

THE PROMISED MESSIAH AS

JALSA SALANA UK 2025

WAQF ARZI

MAJLIS KHUDDAMUL AHMADIYYA CANADA

KHUDDAM.CA/WAQFARZI

MKAC

PARTICIPATION IN WAQF ‘ARDHI

JALSA SALANA

HONDURAS

2025

By the Grace of Allah the Almighty, Jalsa Salana Honduras 2025 was a great success, bringing together devoted members of the Jama'at for spiritual rejuvenation and service. This blessed event provided an opportunity for Khuddam to dedicate their time and efforts through Waqf 'Ardhi, playing an essential role in ensuring the smooth execution of Jalsa.

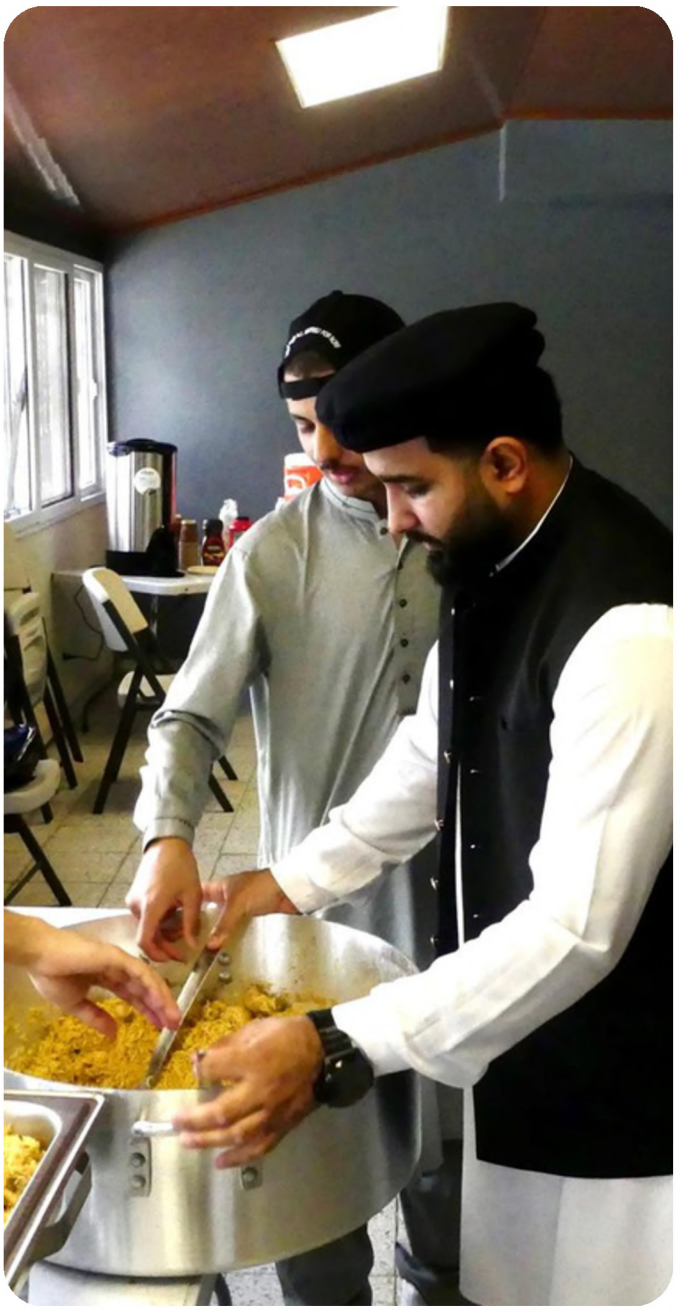
This year, MKAC had the honor of sending five Khuddam from across Canada to take part in this noble initiative These dedicated volunteers traveled to Honduras to serve in various capacities, embracing the spirit of sacrifice and brotherhood. Their Waqf 'Ardhi spanned from January 21 to January 28, 2025, during which they engaged in a variety of essential duties crucial to the success of Jalsa.

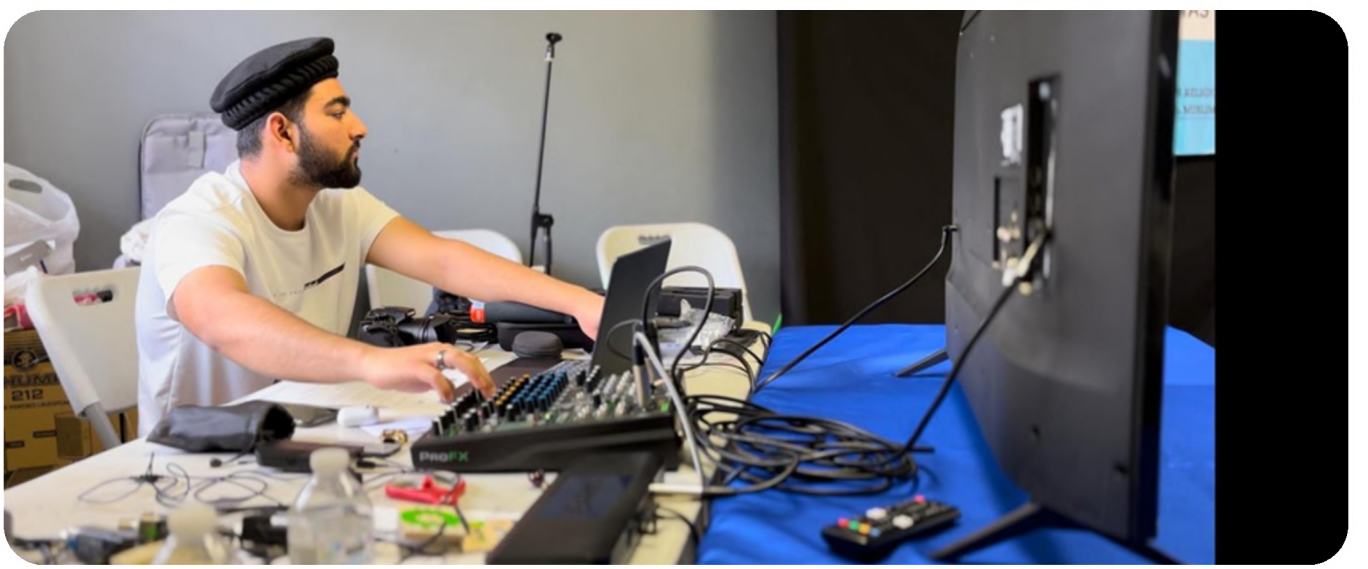
One of the primary responsibilities of the Khuddam was assisting with the setup and windup of the Jalsa venue. From arranging seating and organizing logistical details to ensuring that all facilities were prepared for guests, their hard work laid the foundation for a well-structured and welcoming environment. After the conclusion of Jalsa, they diligently took part in dismantling and packing up materials, ensuring that everything was restored to order with efficiency and care.

In addition to logistical support, Khuddam also played a vital role in setting up and managing the audio and video systems. This was an essential task, as it ensured that the proceedings of Jalsa were broadcasted clearly, allowing attendees to benefit from the various speeches, addresses, and recitations. Their efforts helped maintain the high technical standards necessary for such an important spiritual gathering.

Another significant contribution made by the Khuddam was in the area of food service. With guests arriving from different regions, the smooth and organized distribution of meals was crucial. The volunteers assisted in preparing and serving food, ensuring that all attendees were accommodated in a timely and efficient manner. Their commitment to this duty reflected the Islamic values of hospitality and service to others. Furthermore, Khuddam also had the privilege of participating in the flag hoisting ceremony, which holds great symbolic and spiritual significance. Their presence in this important aspect of Jalsa added to the atmosphere of unity and devotion, as they stood as representatives of their local Jama'at while witnessing this honorable tradition.

Throughout the duration of their Waqf 'Ardhi, these young men displayed an exemplary spirit of dedication, hard work, and humility. Their willingness to serve in any capacity needed demonstrated their love for Khilafat and their deep commitment to the values of the Jama'at. Despite the challenges of travel and physical labor, they remained steadfast in their responsibilities, ensuring that Jalsa Salana Honduras 2025 was conducted with the utmost excellence.

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جَاءَ الْمَسِيْح جَاءَ الْمَسِيْح

اِسْمَعُوْا صَوْتَ السَّمَاءِ
جَاءَ الْمَسِيْح جَاءَ الْمَسِيْح

Alhamdulillah, with the Grace and Mercy of Allah, this Waqf ‘Ardhi proved to be a spiritually uplifting and rewarding experience for all those who participated. May Allah accept the sacrifices and efforts of these Khuddam, grant them immense blessings, and enable them to continue serving the Jama’at with sincerity and devotion. Ameen.

SURELY,
IT IS ALLÁH
HIMSELF
WHO IS THE
GREAT
SUSTAINER
THE POWERFUL
THE STRONG

THE HOLY QURAN 51:59